



## New sports soon to arrive at Avila

Jake Sanders

Staff Writer

Avila University continues to add more programs to its line-up. After the addition of the football team, dance and cheer squads, the completion of the Eagles Nest and the change to university status, Avila has officially selected women's golf and men's volleyball as new athletic programs beginning in the fall of 2003.

Not only does the expansion of the athletic department add the two new teams, but it also affects the dance and cheer squads. They will both be expanded to 30 members, which doubles their current sizes.

"This decision is an obvious statement that athletics at Avila University is very, very important to the continued growth and well-being of this institution," Mike Sharpe, head of the athletics department, said. "I am very much looking forward to the challenge of adding not only the two new teams, but

expanding what has been a very supportive and well received Spirit Squad program."

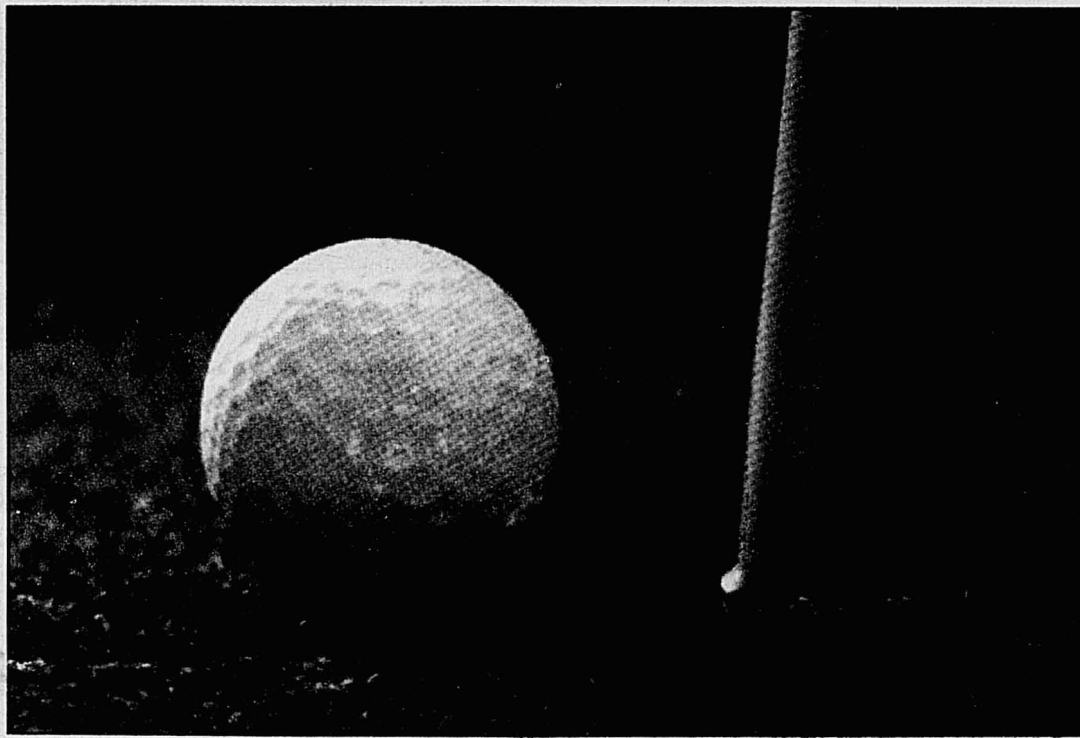
teams, as well as adding a full time stamp to the punch card of the Spirit Squad coaches.

have accepted the opportunity to coach their Spirit Squad teams on a full time basis. However, the search for a part-time coach for women's golf has already begun.

Brett Talcott, currently the women's volleyball coach, has also been asked to become full time in order to coach men's volleyball in the spring of 2004.

"We already have a great (volleyball) coach," Joe Deighton, vice president of student affairs, said.

As the athletics division's second initiative begins and women's golf and men's volleyball become staples in the Avila sports repertoire, it is necessary to note that both of these new teams were on the first initial list of possible new sports, along with football and the Spirit Squad. As for more changes and additions to Avila programs in the future, "We are going to keep building on the excitement," Deighton noted.



Avila will add women's golf, as well as men's volleyball, to its athletic program.

J. Rizzo

With this new program initiative under way, the athletics division is now enlisting coaches for the new

According to both Deighton and Sharpe, Cindy Freeman and Jason Sack, the dance and cheer coaches,

## Alumni Association starts mentoring program

Sara Maley

Editor-in-Chief

Since the spring of 2001, Morten Klinte, director of alumni relations, has been working to establish a mentoring program at Avila. The purpose of this program is to utilize alumni by getting them involved with current students.

"The point of the mentoring program is to bring Avila alumni and students together. The mentors will help their mentees with getting internships, writing papers, job shadowing and creating portfolios," Klinte said. "It is a great benefit and service to students to get them involved with professionals who know the university and know the field. It also helps build ties with local businesses."

The mentoring program is the result of many years of planning. Each spring, Avila hosts its annual Steer Dinner and Auction that raises money for programs across campus. A portion of the money raised at the 2002

The mission of the Avila University Alumni Association Mentoring Program is to enhance the educational experience of the student by providing a responsible, viable and sustainable mentoring program that will provide an exceptional learning experience  
~ Mentoring Program recruiting pamphlet.

Steer Dinner was set aside for the instatement of a mentoring program.

Klinte has been working with the Avila Alumni Association Mentoring Committee since June to recruit mentors from throughout the local community. Klinte hopes to double the number of mentors and mentees from this year's 25 to 50 by fall 2003.

"We sent out a mailing about a month ago to approximately 4,000 local alumni inviting them to participate," Klinte said. "We emphasized that current students are future alumni and are more likely to become mentors later on if they have had one during school."

The mentoring program is open to all students, not just those with a certain grade point average or course load.

"This is not just for 'overachievers' and you don't have to be a 4.0 stu-

dent to be involved. We have not set grade requirements, so any student can be involved. You can be a full-time or part-time student, traditional or non-traditional," Klinte said. "We want to give freshmen time to adjust to their new environment so we encourage sophomores and juniors to look into the program. We won't turn seniors away either but they already have so much going on just trying to graduate."

The commitment to the program is only a semester, but it is structured and organized in a manner that requires mentors/mentees to be in constant communication.

"Mentors/mentees are encouraged to form their own relationship through either the phone or e-mail, so contact does not always have to be face to face," Klinte said.

Karen Baum, associate director of

community relations, graduated from Avila in 1994 and is a confirmed mentor for the spring 2003 semester.

"When I received the request to be a mentor, I enthusiastically signed up. I think mentoring is a great opportunity to help guide students in making intelligent and informative decisions about their career paths," Baum stated.

The program will begin in the spring semester. An introductory meeting will be held on Saturday, Jan. 25 from 9 a.m. to 3 p.m. in Whitfield Center. Klinte emphasized that this is the first year for the program, so there will be many issues to work out along the way.

Students or staff interested in becoming a mentee/mentor can contact Morten Klinte at 816-501-2422.



# Avila embraces diversity

## News Briefs

All students are invited to the English Colloquium. It will be held in Borserine room 423 on Dec. 13 at 9:30 a.m.

Senior theater major Rachel Murphy is presenting her senior project, "Life is for Living" in Goppert Theatre Dec. 13-14 at 8 p.m. "Life is for Living" is a dance and video performance.

The Avila Singers will be part of the University's Holiday Celebration on Dec. 15. Food and drinks will be provided at 4 p.m. in the Whitfield Center. A Christmas concert presented by the Avila Singers will follow in Goppert Theatre.

*Blue Beat Syncopation*, Artist-in-Residence Stan Banks new book of poetry, will be published in December.

The Nelson-Atkins museum of Art offers many programs for the month of December: Ford Free Fridays, dinner and music in Rozzelle Court Restaurant, Sunday Brunch, guided tour and the Mary Atkins Series: *Matisse: Father and Son*. A number of other adventures will all be a part of the December festivities.

For more information, call Scott Stuart at 816-751-1321.

Alicia Cabrera, 2002 Avila graduate, was crowned Miss Kansas USA of 2003 in Wichita, Kan. She will compete for the title of Miss USA in March. For more information, log onto <http://www.misskansasusa.com>.

Stephen Maynard Caliendo was honored by Missouri Gov. Bob Holden during the 2002 Governor's Award for Excellence in Teaching Luncheon on Dec. 4. As an award recipient, Caliendo was selected for his effective teaching and advising, service to the school community, commitment to high standards of excellence and success in nurturing student achievement.

Shannon Degitz  
News Editor

Avila's mission statement embraces diversity and encourages an atmosphere in which members respect "the worth and dignity of each individual..." Although the mission is clear, it is not always followed by everyone on campus.

The Sexual Orientation Diversity Alliance (S.O.D.A.) is working to change people's attitudes on campus and educate the population about persons of all sexual orientations.

"It is important to embrace and celebrate diversity on campus," Larry Sullivan, chair of the division of science and mathematics, said. "We want to recognize all members that are part of the Avila community that are of different sexual orientations."

"I think it is good," junior Matt Gutierrez said, "Everyone is entitled to their sexual preference. I strongly support embracing diversity, especially in an environment that is supposed to teach acceptance."

In the spring of 1999, seniors in the social work program conducted a survey of attitudes towards gays and lesbians on campus.

Students designed a faculty survey and a student survey that was administered in several different classes on campus after obtaining permission from professors.

Roena Haynie, chair of the social science division and coordinator of the social work program, said, "The students did a program on campus where they invited Dan, who was the

gay guy from the first *Real World* on MTV, and a lesbian student from UMKC and a lesbian student from Avila. They held a panel that discussed some of their experiences as [homosexual] students on campus."

The seniors put posters all over campus about the programs and the posters were defaced.

"People would write really vile things on the posters. It was really nasty and sick stuff," Haynie said.

People wrote phrases such as "fag," "butt pirate," and the featured speaker's picture was crossed out.

The study provided facts that, among other aspects, led to the creation of the S.O.D.A. program.

"Out of 22 faculty surveys, 12 heard prejudiced remarks on campus, 13 had led discussions about homosexuality in their class and seven of those said the response was positive, one said the response was

negative, and the rest said it was mixed," Haynie said.

"The students did 149 surveys before and after. In the pre-survey, they found no statistical difference in the opinions that were expressed according to race, but they found a huge statistical significance in gender. Males tended to be much more negative than females. And they found that same finding in their literature review."

The students also found that gay and lesbian youths are two to three times more likely to attempt suicide than heterosexual youths. According to Haynie, the literature review the students did found that 30 percent of

See S.O.D.A. p.3



Safe Zone signs are posted on faculty offices.

E. Barnes

## Avila library sponsored first booksigning

Nicole Sowders  
Staff Writer

Sherry Lamb Schirmer, associate professor of history, held a book signing for her book, *A City Divided*, on Friday, Dec. 6, at 7 p.m., in the Hooley-Bundschu Library.

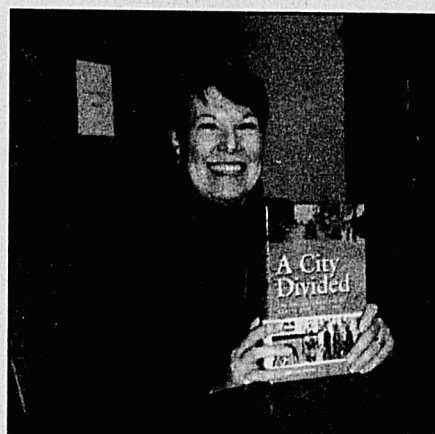
*A City Divided* is Schirmer's doctoral dissertation, and took her approximately nine years to write. The book discusses race relations in the 1900s in Kansas City. The author looks at attitudes of white's looking at race, and why white people think the way they do about the black race.

In the book, Schirmer wanted to show people that there is still race segregation in 2002.

"The shocking thing is that nothing has changed," Schirmer said.

Schirmer emphasized that segregation is not completely over. Newspapers still refuse to publish reports of bombings in black homes, so most people do not realize that they occur.

"The book was a real eye-opener. Many have suspected intersection of race in Kansas City, but not many have seen it this grounded in a book," Jeffrey Myers, associate professor of history, said.



E. Barnes

Sherry Schirmer holds a copy of her book *A City Divided*.

Schirmer's favorite part of the book was where she had a chance to sit down with whites and black that lived during the time of segregation. The different responses between whites and blacks were an eye opening experience for Schirmer. She would surprise her interviewers by asking, "What do you think is or was wrong with segregation?" A shocking expression would appear on their faces.

"They were wonderful people, different and modest," Schirmer said.

Kathleen Finegan felt that the signing event was a good opportunity to talk with Schirmer and acknowledge her teaching.

"I'm understanding things about where I live that I never understood before. Her book does what the best of history is supposed to do, make you know the world you live in, take it for granted, and understand how things came to be the way they are around you," Finegan, library director, said. "It's cool to have someone like Sherry around at Avila. She's a great supporter of the library, and her book is a great occasion," Finegan said.

Myers hopes that the signing event will lead the school to more scholarly awareness.

"Dr. Schirmer is 'a mensch' (a superb human being). Her energy and sensitivity that's in the book is in everything she does. She goes beyond just school; you see it in everything she does. It makes me want to work harder to keep up," Myers said.

The cost of the book is \$34.95, but it will be available to check out at the library.



## Phone-a-thon raises more than \$30,000

Leah Foster  
Staff Writer

Many volunteers donate their time each year to help Avila raise money for the student scholarship fund. Avila's phone-a-thons, one in the fall and the other in the spring, are a fundraising project in efforts to raise money each year for student scholarships.

Serena Aernie, director of development, said the proceeds of the fundraiser go toward the \$3.5 million Avila awards each year in scholarship grants.

"The goal is to raise \$885,000 a year to help offset what is awarded and to be able to continue awarding scholarships," Aernie said.

Aernie explained the importance of not only raising money each year for scholarships, but the importance of updating current records with accurate mailing addresses, collecting information on current employment with some companies offering to match gifts as well as collecting information for the alumni magazine.

"This year's fall phone-a-thon received over \$30,000 with 40 percent of the pledges fulfilled in less than a month," Aernie said. "With organizations such as the Schutte Foundation, based in Kansas City, challenging current students, parents of students, faculty and staff, and alums by offering to match up to \$30,000 in doubled gifts has helped the phone-a-thon be more successful."

Tim O'Brien, a 1995 communication graduate, said giving back to Avila was high on his priority list.

"Looking back, Avila offered so much to me, so donating to help students is the least I could do to give back to the school," O'Brien said.

Karen Cox, administrative assistant and student teacher placement coordinator in the education department, said not only as an Avila employee, but as an Avila parent she feels it is



Senior Tobin Gill and junior Laura Wilkerson make phone calls to alumni asking for donations.

important to support the wonderful scholarship opportunities Avila offers for students.

"Both my husband and I volunteered to do the phone-a-thon and found that many donors were supportive in giving back to the school for scholarship opportunities no matter how large or small the gift was," Cox said.

During the fall phone-a-thon there were opportunities to win prizes ranging on funniest answering machines, best excuse for not contributing and the biggest donation received.

Another volunteer, junior Laura Wilkerson, said she enjoyed not only working with great people but also giving back to the university.

"I volunteer because I am a scholarship recipient, so I want to be able to give back what I can," Wilkerson said.

Volunteers are needed for the upcoming spring ring-a-thon. For those wanting more information, contact Serena Aernie at ext. 2450.

## S.O.D.A.

Continued from p.2

youth suicides are committed by gay and lesbian youths.

In a Massachusetts report to the governor, 97 percent of students reported regularly hearing anti-gay remarks and 53 percent of the students heard remarks from faculty and staff at the schools where the study was conducted.

"The students presented their findings to a panel of staff at Avila. At the actual presentation there were young male Avila students who were protesting and saying publicly 'they should all be killed,'" Haynie said.

Kim Anderson, a former social work professor at Avila, along with Cathy Bogart, associate professor of psychology, and other faculty and staff, were involved in getting S.O.D.A. started.

"It was in the steering committee of women's studies that the idea evolved to create a group on campus for the purpose of educating the campus of issues around sexual orientation. Concerns were expressed by students and faculty about hearing homophobic and heterosexist comments, sometimes in classes, and they were very derogatory," Bogart said. "For people, particularly students, who are gay, lesbian and bisexual, feeling that they had to hide and pretty much be invisible is a form of discrimination."

The women's studies department steering committee named the new organization S.O.D.A., rather than the Gay and Lesbian group, so that it would be inclusive and make it clear that the group was for heterosexual people to be involved in as well. The group involves faculty, staff and students.

"There are not very many groups on campus that I can think of that involve all parts. It is very unique," Bogart said.

"Feeling safe and accepted in an environment that does not like change or out of the ordinary relationships is hard. So I think the creation of Safe Spaces is a really good way to let everyone know that no

matter what preference you chose, you are still accepted and not looked down upon," Gutierrez said.

"The students who did the study really wanted to get something like S.O.D.A. started," Haynie said. "But once they finished their project it was May and they were graduating. Other faculty and staff worked hard to get it started. I totally support it. In fact, years ago, students tried to start something like S.O.D.A. and ran into a brick wall with the administration, but this administration is much more open," Haynie said.

"I am a transfer student and there was no organization there like this. I was not even aware that these programs existed, but I think it is really cool," Gutierrez said.

S.O.D.A. is also preparing to create "Safe Spaces," which are places for people to go to talk to nonjudgmental and knowledgeable faculty, staff and students about issues of sexual orientation. "Safe Space" stickers will be issued to people who have completed a training workshop. The stickers increase the visibility of sexual orientation diversity and allow the campus to recognize members as someone who is accepting and supportive of lesbian, gay, bisexual, transgender and questioning people.

"A lot of colleges and universities use the 'Safe Space,'" Bogart said. "It is when designated people on campus establish themselves as safe people. The purpose is to have resources and people to provide information, to make referrals, about any kind of concerns that students may have. Students face a lot of difficulties when they are gay, lesbian or bisexual. The fear of people knowing is a huge risk."

Information about S.O.D.A. is posted on bulletin boards in O'Rielly and Hodes. The organization provides resources for people who are in fear of their sexual orientation or who want to learn more about diversity.

"I am a part of S.O.D.A. because I feel it is important for the Avila community to support diversity. We need to embrace diversity and make the campus a safe place to go," senior Angie Weatherford said.



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## STUDENT SPOTLIGHT

Kim Monden

Katie McRoberts  
Staff Writer

Faint traces of an accent along with a mix of native Canadian lingo, are just part of what makes up Kim Monden. This petite 23-year-old blonde with a smile wearing jeans and a sweatshirt, resembles any other Avila student. However, Monden is a little different.

Monden moved from Toronto, Canada to Kansas City in February 2001. She and her husband, Jason, relocated on short notice and had little time to say goodbye to their friends and family because Jason was offered, and accepted, a job with Sprint as a data storage engineer.

"We only had seven days notice to pack up and move here. Jason couldn't even give his two weeks notice and we had no place to live. Moving here was an obstacle and I had to drop all my friends," Monden said.

With three years of college under her belt, Monden began seeking a school where she could complete her psychology degree. She said someone recommended Avila and she decided to check it out.

Associate Professor of Psychology Maria Hunt remembers when she first heard through admissions that a

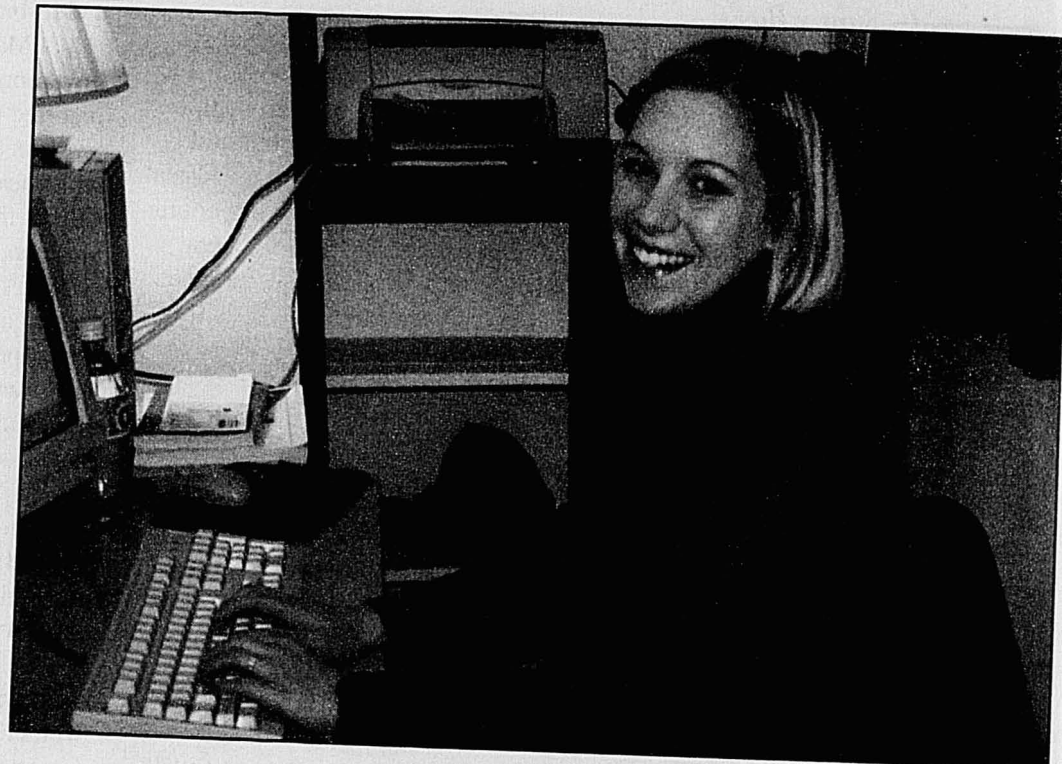
Canadian student was applying to the psychology program. Hunt recalls being very excited about the new perspective she hoped Monden would bring to the table.

"Then I actually met Kim and I was even happier. When you get bright, passionate and a great sense of humor all in one package it's like, wow, shot and scored," Hunt said.

Monden will graduate from Avila in December with a bachelor's degree in psychology and plans to further her education by receiving her doctorate. Her interest in psychology revolves around wanting to see and understand why people act the way they do. Depression and the way depressed people are perceived also intrigues her.

"I know it may sound geeky, but I love to learn. I could stay in school for the rest of my life," Monden said.

Monden is currently a teaching assistant for Hunt and works 20 hours



E. Barnes

Senior Kim Monden will graduate in Dec. with a degree in psychology

a week assisting her with proctoring exams, researching, grading and anything else Hunt may need. A typical day for Monden is waking at 7:30 a.m. and arriving at Avila by 9 a.m. She works and takes classes all day only to come home and do schoolwork until 9:30 p.m. In the rarity of her free time she likes to read, watch television, work out and spend time with her husband.

Monden said it has been quite an adjustment getting used to Kansas

City compared with Canada.

"On the surface level, it's the same way of living but there's a different perspective on how we live life. I'm not anti-American or anything, it's just different. Learning the health care system has been a big shock and I'm amazed at how huge football is here. In Canada, hockey is the equivalent," Monden said.

In the future Monden wants to travel and do some type of volunteer human aid work; just as soon as she can find the time.

## Avila Advantage offers degrees for non-traditional students

Jared Bryant  
Staff Writer

Time, flexibility and convenience are limited for people in the workforce. Completing a degree is often a difficult task while maintaining a full-time working position. Avila allows

the continuance of education to these working adults with Avila Advantage. Avila Advantage is a degree completion program that offers adults in the workforce an opportunity to complete or further their education. It is made up mostly of full-time workers and

adjunct students who qualify for the program's self-directed convenient and flexible classes. These classes consist of online, quantitative, self-skilled and weekend courses.

"The primary focus of Avila Advantage is to go above and beyond to help our students accomplish their goals," Director of Advantage Faculty Randy Allen said.

Business administration, psychology and health care services are the three degree programs that are currently offered. Avila Advantage programs run every five and eight weeks, and require three years of work experience prior to enrollment. Students must be at least 23 years of age to qualify.

Along with the degree completion program, the Avila Advantage Resource Group offers training, certificate programs, continuing education credits and validation of training and business solutions.

"I think that the program is wonderful and it is serving the needs of the population," Kari Donnell, Avila Advantage program director, said.

Part of the process of going above and beyond is that the Advantage staff

meets with actual businesses and large corporations to determine what are the most beneficial areas of study. This allows businesses to give their input on degrees, scheduling, designing and formatting of classes. Also, real world experience is brought to the classrooms and shared by the teachers and students, which results in a more interactive session rather than a lecture format.

"The program was designed to cater to the needs of the full-time worker," Norman Dexter, assistant vice president for professional education and outreach, said.

According to Dexter, time and flexibility are two of the major benefits that Avila Advantage offers students that enter the program. Students can enroll anytime and take the classes they need to complete their degree at the time that is most convenient for them.

"The non-traditional class format allows me to get my coursework done without overloading. I can concentrate on one class at a time," Joanne O'Brien, Advantage student, said. "Working 40 hours a week makes it almost impossible otherwise."



Avila Advantage offices are located in Whitfield Center.

E. Barnes



## Finals week begins Dec. 16

**Theophilus Clark**  
*Staff Writer*

It is that time again. The semester is almost over and plans are being made for winter vacation. However, something must be done before the break. It is time for finals!

"This is the worst time of the year. It angers me because there is so much to do, and not enough time to do it," senior Charles Almond said.

Instructors handle finals in different ways. Some instructors treat finals as a test scheduled in the lesson plan. Other instructors give comprehensive finals. Some assign projects instead of a final. On the other hand, some instructors assign a project right before the final is due.

"I'd rather turn in a project for a final instead of taking a test. This way I don't have to worry about studying," junior Michael Socin said.

The library is open longer during finals week to accommodate students' needs. The library hours during finals week begin Sunday, Dec. 15. Starting this day, the library will stay

open until midnight. The late library hours will extend until Friday, Dec. 20.

"It's good that the library stays open later during the finals, because people need the extra time to study," junior Ryan McCarthy said.

A finals mass will be held on Sunday, Dec. 15 at 9 p.m. A special prayer will be said for students taking finals.

"Amen to that!" senior Pierre Brown said. "Prayer always helps."

Additionally, on Dec. 15, there will be a late night breakfast for finals. This will last from 10 p.m. until 11 p.m. Food and goody bags will be given out.

"It's a good time for fellowship with your friends," junior Chris Dukes said. "It also gives a well-needed break from studying."

Finals begin Monday Dec. 16. Check the spring 2003 course catalogue or speak with professors for class final schedules.

## Don't sweat the holidays

**Mikelle Fields**  
*Features Editor*

It is the season to be jolly. As the fall semester comes to a close, the holiday season is in full swing. This time of year brings happy times with family and loved ones, as well as added stress. To help make this holiday season more enjoyable follow these few simple tips.

♦ **Shop early, at one location.** Hopefully you have started gift shopping. However, if you have procrastinated, see if you can narrow down the number of stops by finding a diverse, useful store that offers great gifts for everyone on your list. The local mall, for example, offers one-stop shopping. Another choice would be a major discount or department store.

♦ **Get organized.** Make a list of everything that needs to be done, from shopping to entertaining and decorating. Specific jobs can be divvied up between family and friends. There is no need to do everything yourself because the feeling of being overwhelmed is a major contributor to stress.

♦ **Have extra holiday gifts available.** When unexpected guests arrive,

a simple gift can go a long way toward making them feel welcome. Some suggestions include festive and fragrant candles, pampering personal products and wrapped soaps and lotions.

♦ **Pamper yourself and others.** Taking a special time out for you is the key to keeping at ease during the busy holiday season. Treat yourself. Sit down, relax and get rejuvenated. Do not get too overwhelmed by the hustle and bustle of the holiday season.

♦ **Celebrate life.** When the true reason for the holiday season gets lost, remember why we celebrate. Revel in the life that you live and appreciate all that you have been given.



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# Lighting up

6 **Jamie Cox**

Spread Editor

It's Christmas time once again, and that can only mean one thing. College students everywhere are scrambling for gifts that can be purchased on a minimal budget. It's the same story every year; students promise themselves that they will get their shopping done early this year. They have their usuals to shop for, Mom, Dad, Granny, etc...then, oh my gosh, what about their friends? They didn't even think about them. What on earth can be purchased for everyone with a work-study budget? Eureka, here are some ideas.

## Get creative

People are suckers for "homemade" gifts, as long as it looks like there has been some effort and love poured into them. Stop by any Michael's or Hobby Lobby and explore. A little stretching on any artistic talent that someone

may possess (no matter how inexperienced one may feel) can go a long way.

Another great idea for a homemade gift is burning compact discs. Whether it's for a parent, boyfriend, sister or buddy, compile a list of songs that have importance and burn away. Maybe there is a song that makes them think of their mother every time they hear it (Eminem songs excluded), or there is that one song that they first danced to with a special someone. Whatever it is put it on a CD and create liner notes with the explanation of why the chosen songs made it to their CD. It is a gift that is one in a million, and will be used way more than those blinking Rudolph socks that they were going to buy.

## Get thrifty

Clearance aisles and holiday sales are the best places to pick up

great inexpensive gifts. Ever traveled down the clearance aisle at Target? It is the best place, and it's all about the bargains!!! Another great place to get great gifts while pinching your pennies is at second-hand stores. Discover great finds at any local Goodwill, Salvation Army or even places like Arizona Trading Company in Westport. Don't forget about discount stores as well. Places such as Gordman's and Big Lots are great places to discover some cheap treasures!!!

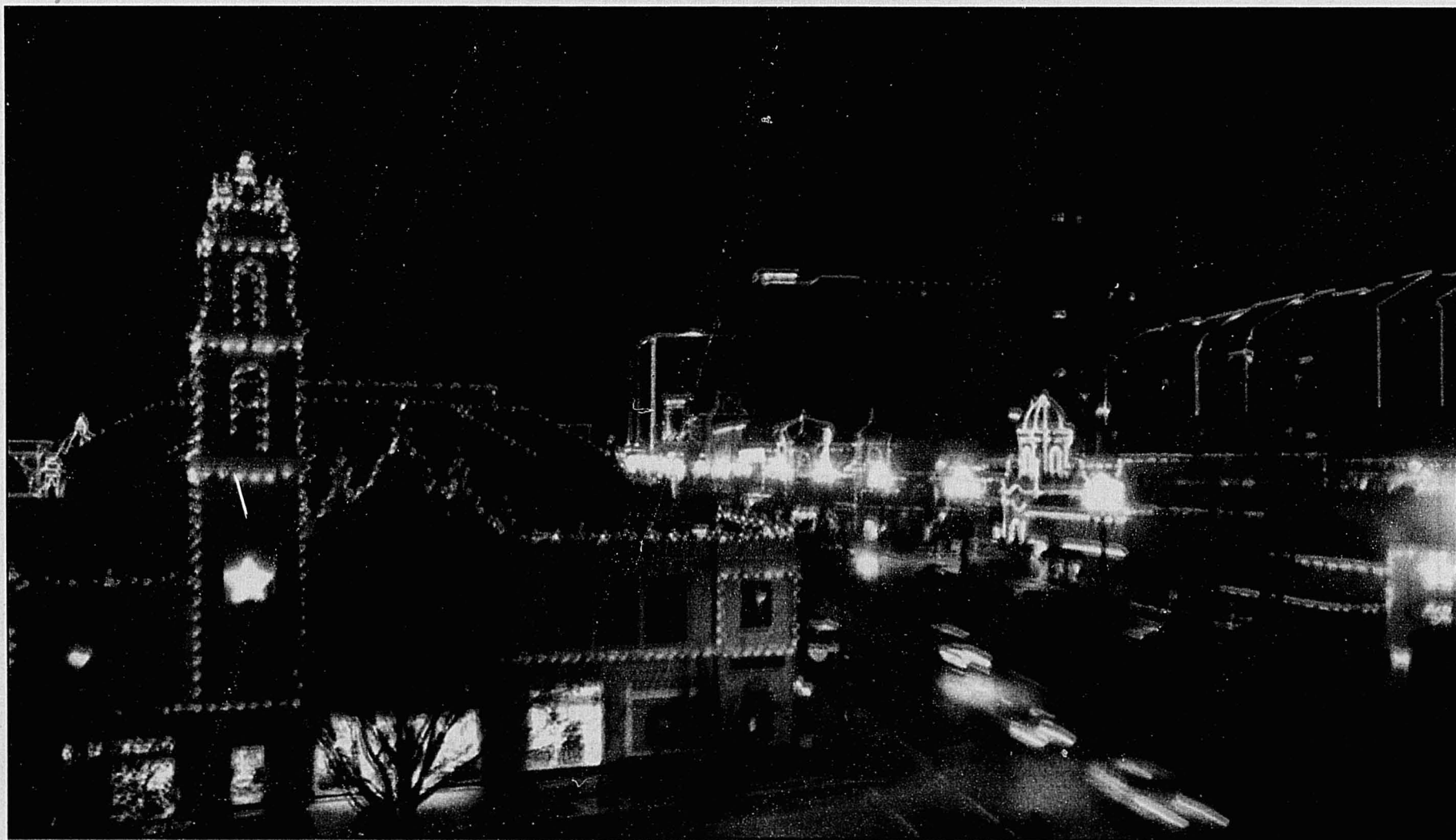
## Get generic

So it may be the same thing that people receive every year, but it works. Picture frames are always in, especially when someone can find a great picture of oneself and the person for whom the gift is for, to fill the frame. Even taking an ordinarily boring picture and sprucing it up a bit makes the photo

look enormously better. For instance, take that picture of Grandpa to Wal-Mart and have it enlarged. The Kodak photo machines are miracle workers; crop, enlarge, take out red-eye, insert text, change photos to black and white and create different photo sizes.

As for generic, candles are another great gift. Ranging in prices from cheap to "yeah right, it's just a wick and wax," there are candles to suit every taste and price range. And yes, they can be found in clearance aisles and Big Lots!!!

So this year take a little time to put some thought into loved one's gifts. Presents for friends and family alike can be meaningful without breaking the bank, but move the process along, there are only 13 shopping days left until Christmas!!!



Christmas lights adorn buildings throughout the Country Club Plaza.

E. Barnes



# the holidays!



E. Barnes

The official Plaza lighting ceremony on Nov. 28 kicked off the holiday season.

Christmas just would not be the same without the music. There are tons of Christmas songs out, and they have been recorded and remade by some of the best (and worst) in the music industry. And no matter what anyone says, there is a feeling people get when they hear their first holiday song of the season. So to spread musical joy throughout the holidays, here is a list of fantastic holiday music. Cut this out, copy it down, then burn your own soundtrack of the season.

## The Ultimate Christmas Albums

- "Christmas Time Is Here"- Vince Guaraldi
- "Rockin' Around the Christmas Tree"- Brenda Lee
- "What Christmas Means to Me"- Stevie Wonder
- "Song for a Winter's Night"- Sarah McLachlan
- "Here Comes Santa Claus"- Gene Autry
- "It's the Most Wonderful Time of the Year"- Andy Williams
- "God Rest Ye Merry Gentlemen"- Barenaked Ladies f/Sarah McLachlan
- "O Holy Night"- \*NSYNC
- "This Christmas"- Harry Connick, Jr.
- "Jingle Bell Rock"- Brenda Lee
- "Have Yourself a Merry Little Christmas"- Kenny G
- "Merry Christmas Eve"- Better Than Ezra
- "Rudolph the Red-Nosed Reindeer"- Burl Ives
- "Carol of the Bells"- Leontovich
- "Where are You Christmas?"- Faith Hill
- "White Christmas"- The Drifters
- "Let it Snow! Let it Snow! Let it Snow!"- Dean Martin
- March from "The Nutcracker"- Tchaikovsky
- "Sleigh Ride"- Harry Connick, Jr.
- "All I Want For Christmas Is You"- Mariah Carey



## Glitter Girls to compete in national competition in January

Jeffrey Walker  
Staff Writer

It is Wednesday afternoon in Mabey Fieldhouse and many of Avila's athletes are practicing. On the south side of the fieldhouse basketball court, the Avila dance team stretches in sync to relaxing music, preparing for their upcoming performances and nationals.

Jan. 8-13, the Glitter Girls will compete in the National UDA College Nationals in Orlando, Fla.

Co-captain Liz DiGirlando's expectations are the team will take first place. However, if they do not, it will not matter, as long as they all work hard.

"I love going to nationals and performing on stage. It's the best feeling in the world," DiGirlando said.

According to Head Dance Coach Cindy Freeman, they have been practicing since the middle of the summer. She wants the dance team to perform to the best of their abilities



Courtesy of Cindy Freeman

The Glitter Girls placed second at the 2002 UDA national competition..

for the national competition.

Co-captain Mandy Freeman believes they will do well due to the team's "great attitudes" and since they are working hard.

The dance team enters the competition as the eighth seed. Two years ago they went into nationals with the 22nd

seed and finished in seventh place. Last year the squad entered in the 12th seed and received second place.

The competition is a tournament and in order to move to the next round, the team must attain a certain score. The dance routine they used to qualify for nationals has already been performed

at an Avila basketball game. It consisted of different music styles. The music varies from modern music, hip-hop and rock.

"A choreographer from Los Angeles, Andi Ruch, comes up with the choreography. They modify what Andy does for them," Coach Freeman said.

The team's choreography group includes Erin Gray, Jamie Giudicessi, Ashlee Brown, Kristin Cira, DiGirlando and Mandy Freeman.

Coach Freeman says that the team is full of "extremely hard workers" with "wonderful chemistry."

"It's just really a blessing, everyone gets along well," Mandy Freeman said.

While the expectations for the national competition are high, coming out on top will not be easy. Staying focused and working together will definitely increase the squad's chances of finishing well.

## SENIOR SPOTLIGHT

Hilary Hetz  
Advertising Manager

### Alan Lane

Ever since he was a little boy, Alan Lane can remember basketball being a part of his life. Lane's father introduced him and his two siblings to the sport at an early age. Lane has an older brother who played basketball in college and now his younger sister is playing collegiate basketball.

"My first memories are of shooting on a goal propped up on the garage door. All of my pictures when I was little were of me holding a basketball. It's pretty much my entire life," Lane said.

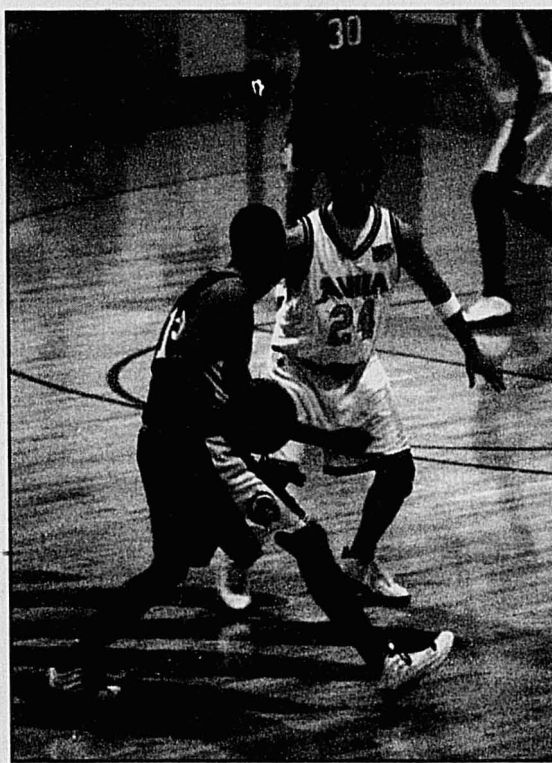
Lane appreciates the game because it is a very physical sport.

"There are no breaks. It makes you use all of your athletic ability. You have to be there mentally and physically on every play every second of every minute," Lane said.

Lane, who plays small guard on the Avila men's basketball team, comes from a small town in Kansas. He knew he wanted to attend a small school and Avila

was what Lane was looking for.

"When it came to making a decision, Avila was the best," Lane said.



E. Barnes

The small guard stands tall on defense.

For this senior business administration major his options are open after graduation.

"I really like accounting so maybe I will do something with that," Lane said.

Lane has a positive outlook for this season of basketball.

"We have so much talent. We have so many new guys, we just need to learn how to play with one another," Lane said. "Once that happens, we should go on to win a lot of games."

Lane likes playing basketball at Avila because the coaches get to know their players off the court as well as on the court.

"I look up to all of them (coaches). I trust all of them with their knowledge of the game," Lane said.

Head Coach Nick Totta has coached Lane throughout his four years at Avila.

"I'm proud of how he has progressed. I've asked him to do some things and he has done them," Totta said.

Because Lane is a senior, he feels he makes a contribution to the team by taking a leadership role.



E. Barnes

"I have been here since I was a freshman and have stayed throughout my senior year. I probably know the coaches the best out of anyone. If someone doesn't understand the coaches, I can keep them positive about what the coaches are trying to do," Lane said.

"The sign of a good player is one that keeps progressing and that is something he has done in his four years," Totta said.



## Church service attendance forms team bonding

Alissa Nicole Solis  
Staff Writer

Sunday is a day for relaxation. Some people stay home and rest while others shop. The men's basketball team attends church services. The team members have visited three different church services for Christian faith.

Head Coach Nick Totta said the formality of attending these services is two-fold.

"One reason we attend church as a team is for the educational standpoint. I'm trying to expose them to things they are otherwise not familiar with. The other reason is that I would like each guy to find where he is spiritually. College is a time for making decisions in life, maturing, growing and self-examination," Totta said.

The team agrees.

"It helps us grow as a team and gives us a different look at others' lives," senior center Roby Anderson said.

Senior forward Pierre Brown said that attending church as a team is good for team unity.

The Avila Eagles have six returnees and six newcomers. Last year there were 14 players with a record of 24-10.

Team unity and chemistry will play a crucial part for the success of the team this season, according to senior guard Alan Lane. He believes that the

team is starting slower because of the new players so the chemistry has not had time to develop.

"It's going to be an interesting year. If everything comes together right we should be pretty good," Lane said.

Losing three starters, two from graduation and one from an injury, has hurt the team, but no stopped them.

"We have other people capable of stepping up filling those roles," Anderson said.

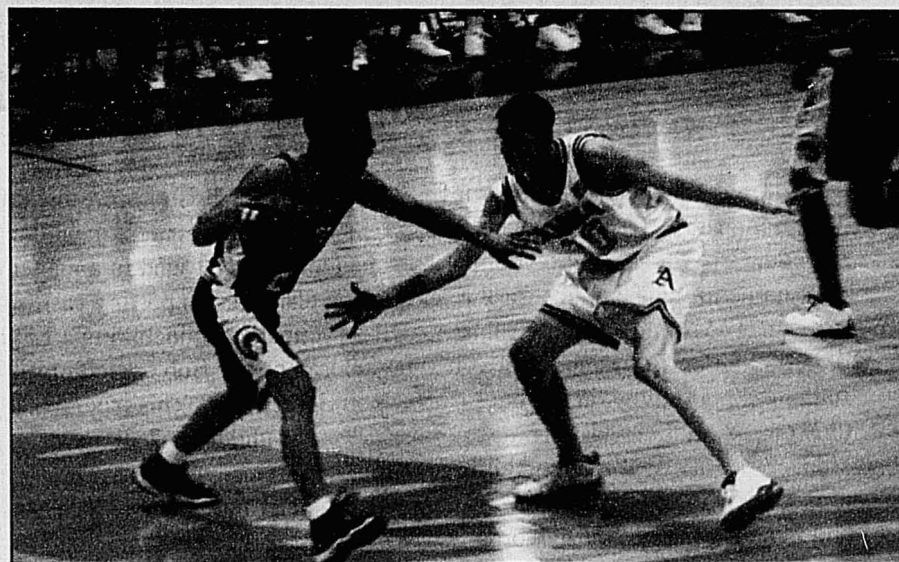
Transfer junior forward Charles Whitfield sees a dramatic difference in the basketball program from his prior school in California.

"We have more talent than the junior college I was at. We do not have just one outstanding athlete, there are three, four and five on the court at one time," Whitfield said.

The team is doing mediocre, according to Totta.

"We haven't gelled as quickly as a team and on the court. We are still trying to learn everybody's strengths and weaknesses. Some things we do well and some we need to do better. We are having difficulties on the defensive end and are still learning to play hard," Totta said.

Getting to know one another's strengths and weaknesses is a timely process.



E. Barnes

Adam Trout guards his man with tough defense.

"We have talent, but we haven't put it together yet. Last year we had more leadership, but the transfers are fitting in well and are good. We will be better after Christmas as far as playing better defense because we will know each other more," Brown said.

The team is in agreement their hard work and determination will pay off.

"We will work hard and only get better. The harder we work in practice the easier the game comes to you," Whitfield said.

Lack of talent is not an issue, according to Anderson.

"We will get better because we will correct our mistakes and become a closer team and that will help us out,"

Anderson said.

The team will be spending a lot of time with each other. In addition to attending church services, the team also raises money by doing fundraisers like "Let it Fly," a flag football tournament, and helping out occasionally with the Kansas City Chiefs' games. This year they are raising money to go to a Colorado tournament in Denver and Colorado Springs on Dec. 29-31, as well as raising money for uniforms, warm-ups and shoes. The team also attends other Avila athletic games for support.

"They are a good group of guys that I enjoy being around," Totta said.

## Four cheers for Pleasure Island

Alissa Nicole Solis  
Staff Writer

On Jan. 9, four Avila cheerleaders will attend the 2003 College Cheer and Dance Team National Championship Partnership Competition on Pleasure Island at the Walt Disney World Resort in Orlando, Fla.

After working hard for two years, junior Heather Montes, sophomore Christy Arel, sophomore Natasha Collins and freshman Cassie DeJongh will compete with 16 other universities for the championship.

"It's been a long two years to get here," Collins said.

The Avila cheer squad is the only NAIA and Midwest school in the entire competition.

"We are just the little guy. Everything is against us and everything is for us, so we have nothing to

lose," Cheer Coach Jason Sack said.

This is the first time Avila will attend this competition. The team will compete against larger schools including Florida State, Penn State, University of South Florida, University of Texas and others from around the country.

"It's an honor to be part of the first team to represent Avila in a national competition," Montes said.

To qualify for the competition, each squad is required to send in a video. Thirty-one tapes were sent in and only 16 were chosen. The women ranked eighth and tied with last year's national champions, Morehead State University. The actual competition is only one minute long. Each squad receives one minute of music

to impress the judges.

"Not only did the girls put in a lot of work, but Jason did too," Montes said.

If the team ranks high enough they will be featured on national television.

"I was on the squad last year and we worked really hard to get where we are today," Arel said.

All of the women are excited to compete in Florida, as well as getting some rest and relaxation.

"This is my vacation," Sack said.

The women are looking forward to having fun, spending quality time with one another and having time to socialize. They especially look forward to bringing Avila back a trophy.



K Baum

Cheer team excites the crowd at a home football game.

Regular Sonic Burger  
Regular Fries  
Medium Drink

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# Top five Christmas films/specials reviewed

## He Said

Jeremy Cox  
Staff Writer

Rachel Murphy

Arts & Entertainment Editor

## She Said

**1) National Lampoon's Christmas Vacation (1989)** The film begins with the Griswolds deciding to open their home to their families for the Christmas season. The laughs take off from there. Before the end, you run into 20,000 twinkling lights, unexpected relatives visiting, a kidnapping, a SWAT team and it is topped off with the most hilarious and famous string of curse words ever said in a film.

**2) It's A Wonderful Life (1946)** This timeless classic is, without a doubt, one of the best holiday movies. George Bailey (Jimmy Stewart), is a man whose love for family and others is greater than for himself. With his life slowly spinning out of control, George decides to take his own life. But before he takes the leap, his guardian angel saves him. He shows George a glimpse of a world in which he was never born. George gets a new sense of life, love and family. Headed with a great cast, Jimmy Stewart, Donna Reed and Lionel Barrymore, this film is a classic for all seasons.

**3) The Muppet Christmas Carol (1992)** Ebenezer Scrooge, a bitter, selfish old man, played by Michael Caine, is given a lesson in life from

the spirits of Christmas. A magnificent story of how a person can change his life around in a matter of moments. The supporting cast is of the Muppet-kind, including a brilliant performance of Bob Cratchit by Kermit the Frog. This is a great movie for children of all ages.

**4) A Christmas Story (1983)** This has to be one of the most hilarious movies of all time. The story is of little Ralphie Parker and his quest to receive the most perfect Christmas gift that there is, "An official Red Ryder, carbine action, 200 shot range model air rifle!"

**5) Santa Claus: The Movie (1985)** It's one of the lesser known and heavily overlooked of all Christmas films. Dudley Moore plays Patch, a somewhat disgruntled elf that leaves the North Pole, when he feels that his grand vision of toy production is not being met. Upon doing so, he goes to work for a "Scrooge-like" toy company president (John Lithgow), hatching up toy ideas that can be bigger than Santa Claus himself. It is a heartwarming movie, and a definite must see.

**1) A Charlie Brown Christmas (1965)** This is the pinnacle of Christmas viewing. This classic from 1965 almost never made to the air, for fear of offending the public with Linus' recitation of the birth of Jesus Christ as found in Luke. This surprising success has been replayed every year since.

The animation is simple. The story is profound. It introduced the world to a beloved series of animated television specials. In my house, Christmas just doesn't happen without Charlie Brown.

**2) It's A Wonderful Life (1946)** Jimmy Stewart is the everyman for all time in this tear jerking classic that continues to make us think about our lives and our good fortune. Frank Capra created the standard for enjoyable morality tales with this finely crafted film.

**3) How the Grinch Stole Christmas (1966)** Put down the remake! The original animated cartoon is still the best. This is Dr. Seuss at his finist.

Boris Karloff, of the monster movie fame, immortalized this character, with his tight shoes, tighter heart, and lovable dog, Max. This a clever way to

show that Christmas is not just a gift exchange.

**4) A Christmas Carol** Any of the versions will work, although I am personally fond of the George C. Scott rendition. This is one of Dickens' best works. This morality tale has been working for over a hundred years, without feeling tired or outdated. Never has a crutch looked so lonely at a table or a miser's transformation been so gratifying.

**5) White Christmas (1954)** This is fluff, pure and simple. Grab some popcorn and hot chocolate and prepare to be swept away by this romantic musical. Bing Crosby, Rosemary Clooney, Danny Kaye and Vera Ellen make up this star-studded cast. Irving Berlin provides an unforgettable soundtrack to this all singing, all dancing Christmas treat.

## Avila Singers bring in the joyous season

Nicole Sowders  
Staff Writer

The Avila University Singers are working hard now, to pay off later.

"The choir has the expectation that we will sound good, be together as one voice by starting together, breathing together, and get the right notes at the right time," senior Ivori Johnson said.

Currently, 18 members make up the choir, all of whom are preparing for the spring tour. The choir students are taking a five day trip in the spring where they will travel to different high schools in the Missouri area recruiting new singers to Avila.

On the trip, they will perform an opening act in Branson, Mo., and perform at Stephen's College in Columbia.

"We hope to recruit singers to Avila on the trip, see the tour be successful,



Avila Singers pose with faculty and staff before caroling outside of Blasco Hall.

E. Barnes

and improve the choir's music ability," Amity Bryson, director of vocal activities and chair of the music department, said.

Bryson, who has directed at Avila for four years, will accompany the singers on their trip. The Singers will also visit the St. Louis Nazareth

Living Center, where sisters from Avila have a retirement community.

"There is a beautiful chapel there, and there are several faculty and instructors from Avila there. We hope to give back to them for all the hard work they have put into Avila," Bryson said.

"It's nice because it's a small group, and everyone knows each other on an individual basis. I am excited for the spring trip, it should be fun and exciting," freshman Kirsten Engebretson said.

Members expressed that the choir has the same goal to sound good and to come together as one voice. They all feel they have been working hard to prepare not only for the upcoming holiday celebration, but also the spring trip.

The choir performs approximately three to four times a semester including the All About Avila Day and Heritage Day.

On Sunday, Dec. 15, at 4 p.m. in Whitfield Center's lobby, the Singers will be performing for the university's Holiday Celebration. They will perform "Silent Night" in three different languages.



## Book Review

### *Good in Bed* has happy ending for author and heroine

Jamie Cox

Spread Editor

*Good in Bed*, by Jennifer Weiner, has taken the country by storm. With a movie script in the works, a strong grip on the *New York Times* best-seller list since its debut in May of 2001 and being voted one of Barnes & Noble.com's top 10 books of the year, *Good in Bed* is a crime to pass up.

*Good in Bed* is the story of Cannie Shapiro, a 28-year-old *Philadelphia Examiner* reporter. Cannie's life is like anyone else's. It has had its ups and downs, but it takes a dramatic turn when her ex-boyfriend Bruce becomes a columnist in a woman's magazine. Suddenly, Cannie is the subject of all his columns. His column, titled *Good in Bed*, begins to expose to the world not only the woes of Cannie and Bruce's relationship, but also Cannie's own personal problems and insecurities, and that is just where the story begins.

This book takes the reader through a period of Cannie's life, which is

truly unraveling. She begins to look at herself through Bruce's eyes and realize that she is not the person that she thought or even that she desired to be. The story becomes a roller coaster of thoughts and emotions as Cannie takes steps to change, this time for no one but herself. Cannie is a modern-day heroine with spunk, humor, honesty and a drive that has inspired readers across the country to fall in love with her.

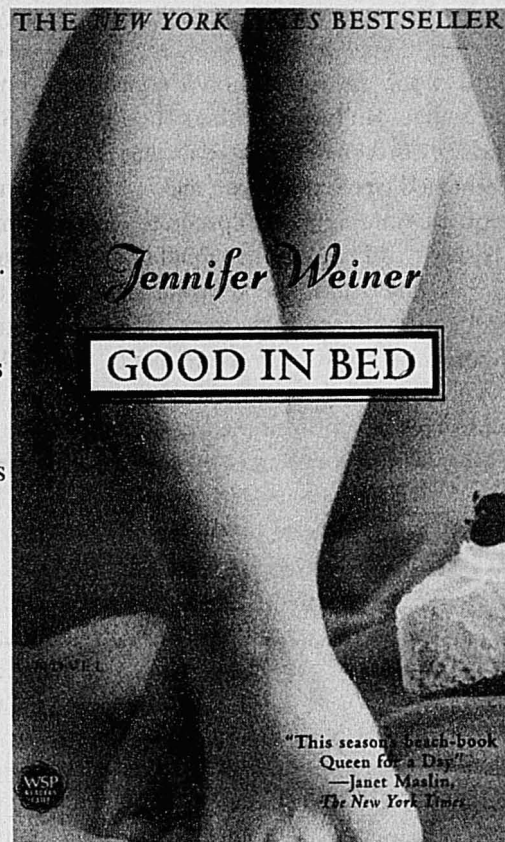
*Good in Bed* is the first novel by author Jennifer Weiner, a former *Philadelphia Inquirer* reporter whose own life mirrors that of her novel's character.

"I decided to write the story of a girl who'd had her heart broken in the way my heart was broken," Weiner said in an interview for the Reader's Club, "only I'd give her a much more interesting, eventful life than I had. I'd give her all my demons, and I'd guarantee her a happy ending, which was something I wasn't sure I'd get

in my real life."

In a way, Weiner has received her happy ending. She has garnered praise for work on *Good in Bed* by reviewers and readers across the United States and in over 15 countries where the novel has gained clearance to be printed. Weiner recently released her second novel, *In Her Shoes*, which has already received great reviews from critics everywhere. Even with a new novel on her horizon, Weiner said that she would always hold a special place in her heart for her first novel and the unforgettable Cannie.

"It was a lot of fun to write in Cannie's voice and tell the story of *Good in Bed*. At times it felt like I was predicting my own future, like the happy ending I wrote for her became my own happy ending."



Jennifer Weiner's book *Good in Bed* topped the *New York Times* bestsellers list.

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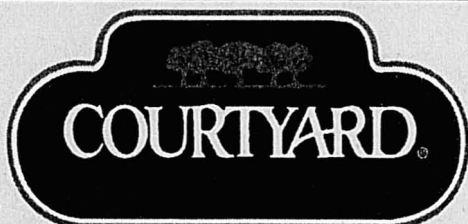
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## Hollywood 'insults' racial progress

Jeremy Lillig  
Staff Writer

When a black person and a white person get together most people think they are friends, neighbors or co-workers. In Hollywood the assumption is none of the above. Hollywood thinks "buddy-movie." In a society where racism is combated, spoken against, and requires training in the corporate world, it still boggles my mind that we, as Americans, spend upwards of \$10 a ticket to see these over-done elementary forms of entertainment.

The last installment of drivel to make money on the socialized racial differences in America is that of *I Spy*. This "light-hearted" film about two unlikely partners in espionage is an insult to the progress that we as a society have established in the areas

of racism and our demand for art. Throughout the film characters poke fun at Owen Wilson for behaving in a way that is "white" and "uncool," while Eddie Murphy is black and "cool."

Successful films, such as *Road to Perdition* and *Minority Report*, demonstrate that as a society, we like films with substance. With that in mind, there must be a reason we still go to these films that further the notion that Americans are segregated, and that there are differences between the lives of races in America. One of the reasons that racism still exists in America is because we let it. We must enlighten ourselves to these incredibly shallow forms of entertainment that further fuel the ideals that we as a society try to fight.

"Harmony in a world of difference" is not a true statement when we see an entire film about a white man's inability to jump. Harmony becomes harder to achieve when black men are portrayed as criminals with rhythm, while white men have none. Emphasis of these stupid, petty differences should not be what sells tickets.

As a film-going, enlightened, American, I am hurt and outraged at the ignorance that attracts those wanting to be entertained. The next time you go to buy a ticket for some kind of film that showcases the differences many have died fighting for, I hope you realize that your ticket supports the further segregation of the "melting pot" that we call America.

## Staff Editorial: S.O.D.A.

Avila University has worked hard over the last two years to increase security and lighting, and to make students feel safe. However, no matter how many new lights or added security measures, some students might never feel safe. This is not because the Avila campus is not safe. It is because some students feel that they are not safe as a result of their sexual orientation. A recent study that took place on the campus of Avila revealed disturbing results about how other students, especially males felt about homosexuality.

Avila is a school that prides itself on diversity, and its acceptance of others. Avila's Value Statements (which are printed in every course catalog) attest to Avila's commitment to diversity. The first statement says, "The worth, dignity, and potential of each human being." The next statement reads "Diversity and its expression." These are just some of the ways that Avila University expresses its dedication to the acceptance and understanding of all

walks of life.

Avila's desire to make all students feel safe has resulted in the integration of a new organization that creates a place for students to feel both safe and accepted. The new group, called the Sexual Orientation Diversity Alliance, or S.O.D.A., is in the beginning stages. S.O.D.A. is a group that includes students, faculty and staff and is designed not only to increase education and awareness, but to encourage acceptance. Acceptance to the members of S.O.D.A. does not just mean acceptance of homosexuality, but acceptance of all types of sexuality and sexual orientation.

This new group is designed to provide a safe place for those students who would like to be able to openly discuss their sexuality with those who are not only accepting, but knowledgeable about issues of sexuality. This safe place will be designated by a sticker or symbol placed on the office door of any staff member who wants students to know that he or she is not only accepting, but nonjudgmental, and informed about these

issues. Any faculty member participating in S.O.D.A. will not only keep any information private and confidential, but will be able to provide information about available resources.

The creation of this safe place will not only have an effect on those students facing issues relating to sexuality, but has the ability to send the message to any and every student that there are members of the staff that are open and willing to have this type of personal and caring interaction with students. The sticker might not only be a symbol of safety to some students, but may easily wind up as a message of caring and commitment to every student, regardless of race, gender or sexual orientation.

The implementation of a plan like S.O.D.A. is an important addition not only to a school that firmly believes that every human being has dignity and worth, but to Avila University, a school that is truly dedicated to its students...all of them.

## Campus Talk

Do you think the concept of the new hip-hop dictionary called *Hiphoptionary* will improve racial relations or increase feelings of animosity?



"If someone wants to know all about hip-hop, then yeah I guess it will help them."

Denisa Floyd, Freshman



"I think it will increase animosity because there are going to be a lot of fakers out there. I mean hip-hop is not just a language, it is a whole lifestyle it is a culture. Either you are hip-hop or you are not hip-hop and there are true hip-hop people and there are fakers. I don't really like the idea, to tell you the truth."

Johnson Marce, Junior

"Well, I don't think it will increase animosity at all, but I'm not exactly sure how it will help. If people want to know anything about hip-hop I guess they could look it up in the dictionary if they want to. I guess it is a cool idea."

Sarah Wagner, Sophomore

"I think it will do both. I think it will help certain people understand how black people talk, but also think it will cause problems because a lot of black people don't want people who are not like us to talk like us. I think it will cause a lot of mixed feelings."

Deejay Gross, Freshman



Is there a topic that matters to you? Do you have a question you want answered or a comment about something happening at Avila? We want to know! E-mail the Opinions Editor at beccas43@hotmail.com.

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